

Name: _____ Class: _____

Milford Middle School Physical Education
Flag Football Skill Evaluation

Teacher Evaluation

Passing/Receiving- 1. Proper grip. 2. Step with opposite foot towards target. 3. Transfer weight from back to front. 4. Follow through to target. 5. Two hand window ready. 6. After two hand catch secure ball against your body.

5 6 7 8 9 10

Place Kicking/Punting- 1. Ball on tee with the laces away from kicker. 2. Proper approach taken-soccer style or straight. 3. Proper contact made with ball below the midline. 4. Laces facing up. 5. Proper ball drop used. 6. Contact made with top of foot.

5 6 7 8 9 10

Total: _____